

**We claim:**

1. A method for eliminating or reducing normal but undesired tissue in a patient which comprises administering a controlled release formulation to the patient by injection at a local area containing the undesired tissue such that the undesired tissue in the local area is eliminated or reduced, said formulation comprising a substance which eliminates or prevents formation of the cells of the undesired tissue, said substance being provided in a controlled release carrier.
2. The method of claim 1 where the undesired tissue is fat tissue.
3. The method of claim 2 where the substance which eliminates or prevents formation of cells of the fat tissue is  $\text{TNF-}\alpha$ .
4. The method of claim 2 where the substance which eliminates or prevents formation of cells of the fat tissue is a cytokine regulatory agent; a protein affecting fat metabolism; leptin; orexin; an antisense RNA molecule which knocks out the specific activity of a protein needed for fat cell maintenance; a DNA, either in the form of plasmid or virus, which induces the expression of apoptosis-inducing factors; a drug that kills fat cells; methotrexate; bromo-deoxyuridine; actinomycin D; nocodazole; brefeldin A; a peptide, having functionality which kills fat cells; prolactin; a beta-adrenergic stimulator; or, an alpha-2 adrenergic inhibitor.
5. The method of claim 1 where the controlled release carrier is comprised of a poly(lactide-co-glycolide) material.
6. The method of claim 2 where the controlled release carrier is comprised of a poly(lactide-co-glycolide) material.
7. The method of claim 1 where the controlled release formulation is injected multiple times distributed in the local area of the undesired tissue.

8. The method of claim 2 where the controlled release formulation is injected multiple times distributed in the local area of the undesired fat tissue.
9. The method of claim 1 where release of the substance which eliminates or prevents formation of cells of the undesired tissue is effected over at least 3 days by the controlled release carrier.
10. The method of claim 2 where release of the substance which eliminates or prevents formation of cells of the undesired fat tissue is effected over at least 3 days by the controlled release carrier.
11. The method of claim 9 where the substance which eliminates or prevents formation of cells of the undesired tissue is released in a substantially equal amount for each of the days of release.
12. The method of claim 10 where the substance which eliminates or prevents formation of cells of the undesired tissue is released in a substantially equal amount for each of the days of release.
13. The method of claim 1 where the undesired tissue is pathologic hyperplasia, benign tumor, neointimal thickened vasculature, mole or hair tissue.
14. The method of claim 3 where the controlled release carrier is comprised of a poly(lactide-co-glycolide) material.
15. The method of claim 14 where the TNF- $\alpha$  is provided in poly(lactide-co-glycolide) microspheres in an amount of from 0.1 to 20% by weight.
16. The method of claim 14 where the controlled release carrier provides in vivo release of the TNF- $\alpha$  for a period of 7 to 60 days.

17. The method of claim 1 where the controlled release carrier is comprised of a poly(lactide), poly(glycolide), poly(lactic acid), poly(glycolic acid), polyanhydride, polyorthoester, polyetherester, polycaprolactone, polyesteramide, polycarbonate, polycyanoacrylate, polyurethane, polyacrylate, blends or copolymer of the above polymers, a hydrogel, an alginate or modified alginate, or a polyethylene glycol group-containing macromolecule for conjugation of the active substance.
18. A method for eliminating or reducing normal but undesired tissue in a patient which comprises administering a controlled release formulation, said formulation comprising a substance which weakens or hinders formation of the undesired tissue provided in a controlled release carrier, to the patient by injection at a local area containing the undesired tissue such that removal of the undesired tissue by other means is enhanced and conducting the other means of removal.
19. The method of claim 18 where the tissue is fat tissue and the other means of removal of the tissue is liposuction.
20. The method of claim 18 wherein the substance which weakens or hinders formation of the undesired tissue is a substance which inhibits extracellular matrix production.
21. The method of claim 20 wherein the substance is a collagenase or an inhibitor of a collagen cross-linking enzyme.
22. The method of claim 20 where the substance is an inhibitor of lysyl oxidase.
23. The method of claim 20 wherein the substance is beta-aminopropionitrile.
24. The method claim 1 wherein the formulation comprises two or more substances in the controlled release carrier having a combined action of eliminating or preventing formation of the cells of the undesired tissue.
25. The method of claim 24 wherein at least one of the substances is released from the

controlled release carrier later in time than another of the substances.

26. The method of claim 25 wherein a first substance released is an anti-angiogenic compound which hinders the blood supply to the unwanted tissue and a second substance is released later in time which induces apoptosis in the unwanted tissue.
27. The method of claim 25 for removing unwanted bone tissue wherein a first substance is released which demineralizes the bone tissue and a second substance is released later in time which kills cells of the bone tissue.
28. The method of claim 18 wherein the formulation comprises two or more substances in the controlled release carrier having a combined action of weakening or hindering formation of the undesired tissue.
29. The method of claim 28 wherein at least one of the substances is released from the controlled release carrier later in time than another of the substances.
30. The method of claim 29 wherein a first substance released is an anti-angiogenic compound which hinders the blood supply to the unwanted tissue and a second substance is released later in time which induces apoptosis in the unwanted tissue.
31. The method of claim 29 for removing unwanted bone tissue wherein a first substance is released which demineralizes the bone tissue and a second substance is released later in time which kills cells of the bone tissue.